

# 5 Restorative Questions

## **What happened?**

What then? What was happening before?

**What were you thinking when it happened? What did you feel inside when it happened?** What were your thoughts & feeling before it happened? What was the hardest thing?

## **How are you now? Who else has been affected?**

**What do you need to feel better?** What do you need now? What do you need now to move on from this? What does anyone else need?

**What needs to happen to put things right?** What does this look like? How does this leave you feeling? Are you ok with that? If you can't do this, what can you do?